



Beef Pot Roast

- ← 3 lb chuck roast
- ← 2 large yellow onion, roughly chopped, about - 2 cups
- ← 8 whole garlic cloves
- ← 3 cups beef stock
- ← 2 cups redwine
- ← 2 tsp kosher salt
- ← 1 tbsp smoked paprika
- ← 1 tsp black pepper
- ← 2 tsp thyme leaves
- ← 1 tbsp olive oil
- ← 2 tbsp corn starch / 2 tbsp water - to make slurry
- ←

Combine all the spices and sprinkle evenly on all sides of the beef. In your YEDI electric pressure cooker either over high heat or on the browning stage, add the oil.

Once the oil is shimmering carefully place the roast in the pot searing for 6 minutes on each side to create a dark caramelized crust.

Once seared, add onions, garlic, redwine & beef broth, pour over the meat. Place the pressure cooker lid on the pot and seal. Bring to full pressure over high heat, then reduce the heat to medium-low. Cook for 90 minutes. After 90 minutes release the pressure using the natural release method.

Carefully remove the lid and using large slotted spoons gently remove the roast and set on a serving platter to rest. It should be fall-apart tender.

To make gravy, Bring the liquid to a boil (electric pressure cooker you'd set it to browning). In a small bowl stir together the cornstarch and water until smooth. Whisk in the cornstarch slurry into the pot.

Reduce the heat to medium and stir occasionally until desired consistency.

Recipe by Chef Barry Sexton

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